

Flashback and Fast Forward

Close your eyes and take yourself back in time to your very earliest memories.

Who did you spend the most time with then? How did you feel about these people? Why?

Where did you spend the most time? What were your favorite places? Secret hide-outs? Magical spaces? What did you learn about yourself when you were there?

What were the best and the worst things that happened to you? What did you learn from these experiences? How did they change you?

What was most unjust then? How did you respond?

What do you regret of your early experiences?

What do you hold sacred from those times?

Fast forward to the early days of your teaching or writing career.

Who was most influential to you? Who were your models and mentors? What made you want to emulate them?

Where were your favorite places?

What was magic?

What did you learn about yourself?

Describe your greatest heartbreak as a writer or teacher.

What has been most unjust? How are you responding?

What do you regret of your early experiences?

What do you hold sacred from these times?

Now, be present.

Who do you long to help? What do you feel compelled to change?

What is most unjust? How can you use your words or your teaching work to respond?

What are you most passionate about?

What do you hold sacred?

How can all of these experiences empower your work?

How can you teach and write with meaning?